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U. S. DEPARTMENT OF AGRICULTURE

Housekeepers' Chat

Friday, August 1, 1930.

NOT FOR PUBLICATION

Subject: "A Peck of Pickled Peppers." Recipes and menu from Bureau of Home Economics, U. S. D. A. Note: Recipes are in "Aunt Sammy's Radio Recipes."

Bulletins available: "Making Fermented Pickles."

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"If Peter Piper picked a peck of pickled peppers."--

Billy stopped reciting.

"How could he, Aunt Sammy? He couldn't have really. They wouldn't have been pickled before they were picked, would they? They had to be picked before they were pickled, didn't they? I guess somebody just wanted to make a poem full of p's, like that, didn't they?"

"I guess that was it, Billy. I know some other one-letter lines: 'Round and round the rugged rock, the ragged rascal ran,' and 'Gaze on the gay gray brigade!'"

Billy laughed. "Aw, you can't say it right, Aunt Sammy!"

Well, what I mean to talk about today is not rhymes about pickled peppers, or anything else, but how to make pickled peppers.

The first recipe is a very simple one called "Pepper Pickle," which you can make when you have only a few peppers on hand. It is meant to be used as a relish soon after it is made, but if you have any left over you can keep it in the refrigerator for a few days longer. This recipe is on page 84 in the radio cook book, but as it is very short I will give it now: All ready? Six ingredients for Pepper Pickle:

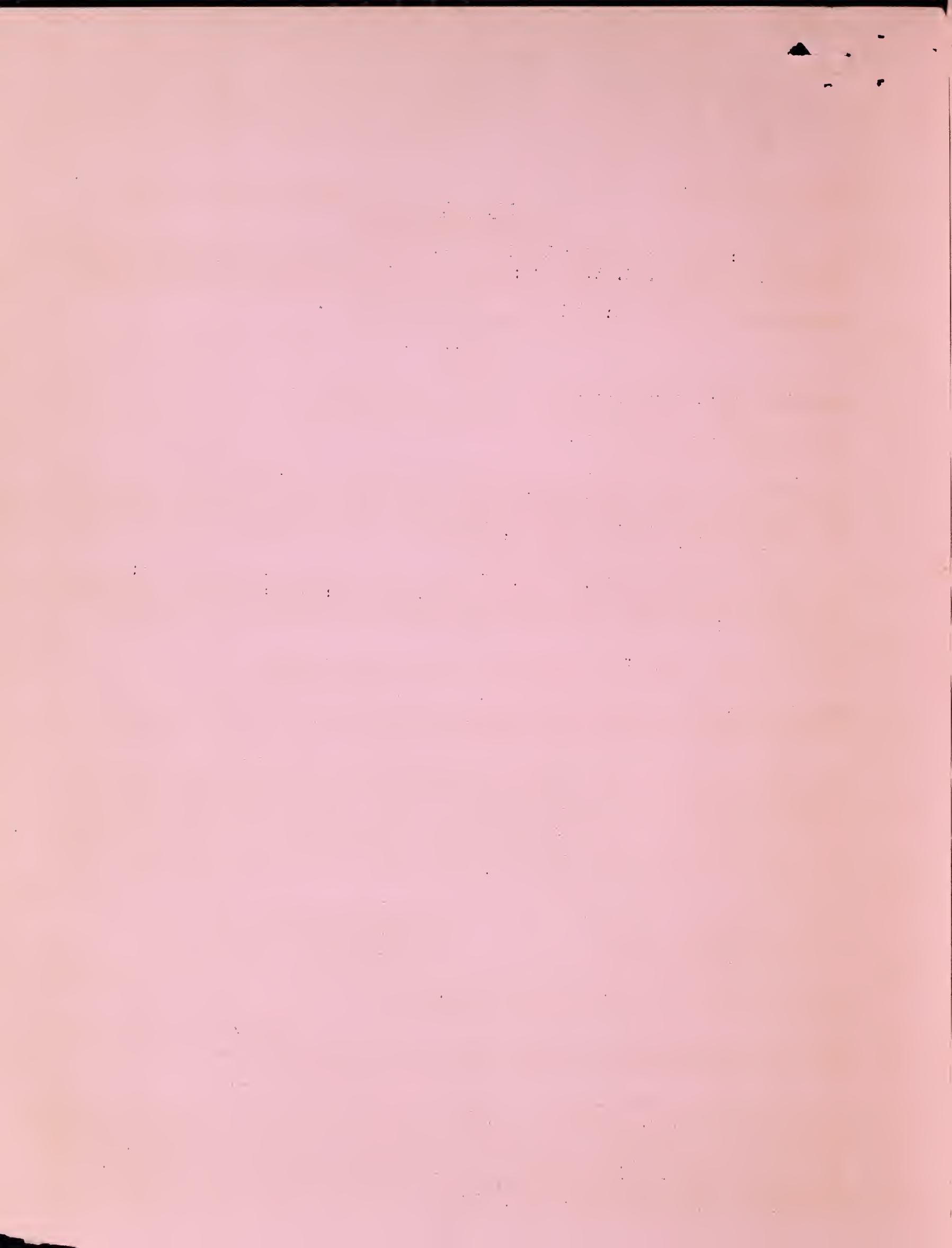
1 cup minced green pepper
1 cup minced red pepper
2 to 4 tablespoons sugar

1 1/2 teaspoon salt,
1 small onion, chopped, and
1 cup vinegar.

Six ingredients for Pepper Pickle: (Repeat).

Dissolve the salt and the sugar in the hot vinegar. Pour over the vegetables. Let the pickle stand two or three hours before serving.

Peppers are used in a number of mixed pickles and relishes, especially in mixed sweet pickles. I have time, I think, to give you my favorite recipe for Chili Sauce, which contains both red and green peppers. The name, however, is somewhat misleading, for this is not a very "peppery" relish. The red peppers in it are the Spanish red peppers which have turned a beautiful red color, not the little hot red pepper pods. If you want a very hot sauce you can add one or



two pepper pods, or a few drops of tabasco sauce, or some cayenne pepper. Take care, however, to add hot seasoning in very small amounts. Taste the pickle until the flavor suits you.

The basis of Chili Sauce, as you doubtless know, is tomato, and its uses are similar to those of tomato catsup. Serve it with meat or fish, or add it to the cocktail sauce on fish appetizers such as raw oysters, clams, crab meat, or shrimp. Equal quantities of mayonnaise and chili sauce, beaten together, makes a Russian dressing which is very good on plain lettuce and other vegetable salads.

There are ten ingredients in the recipe for Chili Sauce:

5 quarts chopped ripe tomatoes	1 cup sugar
2 cups chopped red pepper	3 cups vinegar
2 cups chopped green pepper	1 teaspoon cloves
1 1/2 cups chopped onions	1 teaspoon allspice, and
3 tablespoons salt	1 teaspoon cinnamon.

Ten ingredients for Chili Sauce: (Repeat).

Combine the chopped vegetables, the salt, and sugar. Simmer this mixture until it begins to thicken. Then add the vinegar and spices, and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized jars and seal, or bottle the sauce and seal with wax. This recipe yields about 3 quarts of sauce.

While we are talking about pickled peppers, you have probably been thinking about pickled cucumbers or onions or green tomatoes, and waiting for me to give you the recipes. Instead, however, I suggest that you send for the bulletin on "Making Fermented Pickles." The process for making any of these vegetables into pickles requires a good deal of explanation. Cucumbers and many other pickles are better if they are first brined for several days, or weeks, and then made into sour or sweet or mixed pickles. Proper brining results in a crisp product, with a clear translucent texture and good color.

Two of the questions in my box today are answered in this publication. The first is:

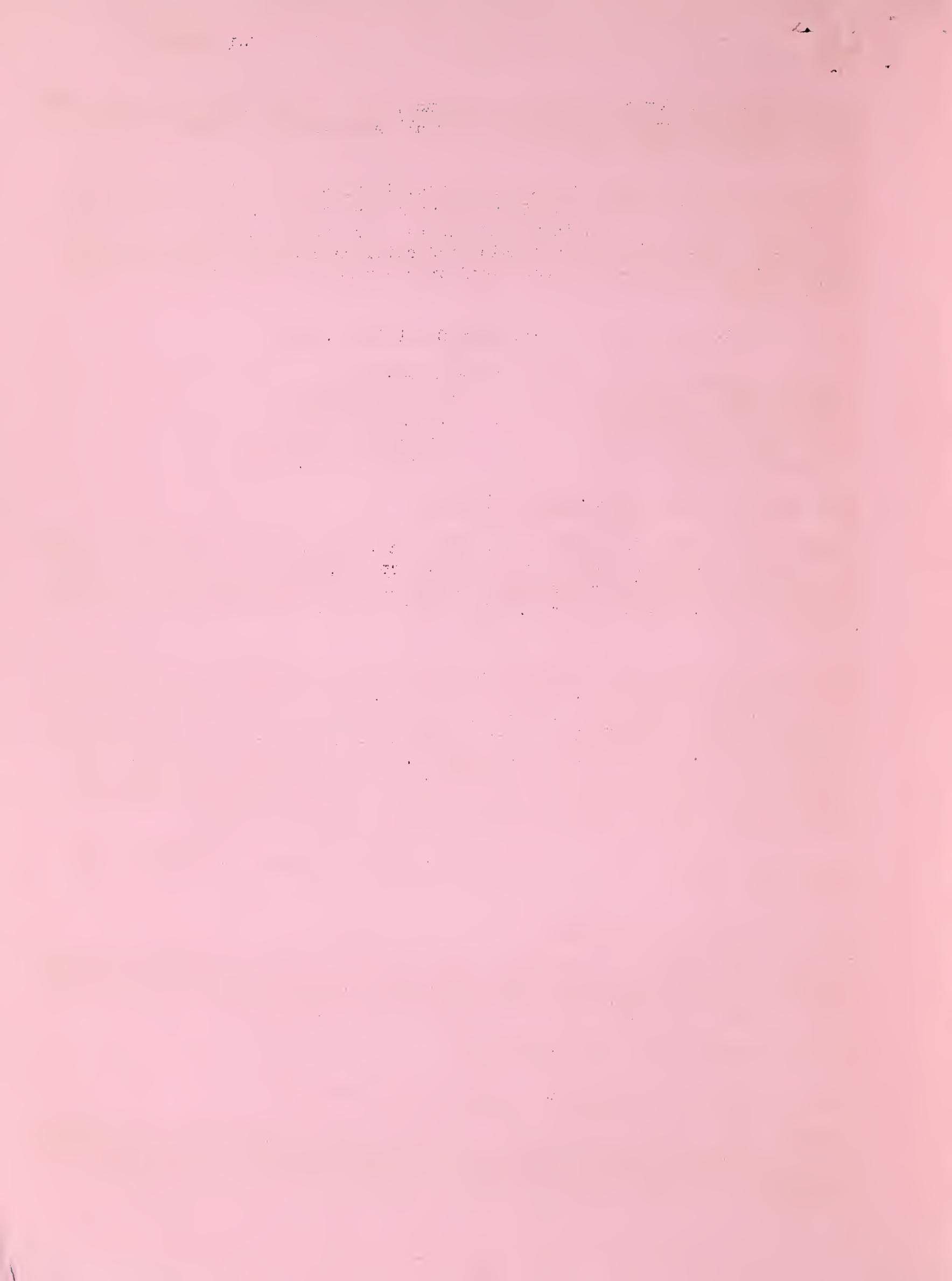
"How do you make dill pickles?"

Answer: Dill pickles are cucumber pickles that are ready to eat when properly cured in a weak brine flavored with dill herb and other spices. They are not hard to make, as you will see if you send for the bulletin.

The other question is about sauerkraut.

"Can sauerkraut be successfully made and kept at home?"

Answer: Yes, it can, and often is. If you intend to store it, the sauerkraut is better packed in glass jars, and sealed tight, than left in a large earthenware jar or keg even when kept covered. Sauerkraut is also in the pickle bulletin.



We have a menu today, for Sunday's dinner. It will be especially satisfactory if the day turns out to be warm. Roast meat somehow doesn't interest us when the mercury registers over 90 everywhere, and more than a 100 in the kitchen! This menu can be cooked in a relatively short time. Make the dessert right after breakfast. Ready to write it down?

Veal Cutlet with Gravy; Flaky Boiled Rice; Shredded String Beans; Corn on the Cob; and Peach Mousse. You will find the recipe for Peach Mousse in the leaflet "Ice Cream Frozen Without Stirring." It's not too late in the season to send for a copy.

The recipes for veal cutlet and boiled rice are in the Radio Cookbook. As for the string beans, the smaller the pieces, the more quickly they will cook. If the beans are young and tender, and shredded with scissors, or on a vegetable slicer, they should be done in ten or fifteen minutes.

Whatever you do, don't overcook corn on the cob, or it will be tough and tasteless. If you don't put too many ears at a time into your boiling water they will be done in 10 or 15 minutes. The water should be slightly salted, of course. Remember what the famous Irishman said, when he ate corn for the first time? "Waiter, take that stick back and put some more beans on it!"

Shall I repeat the menu? Veal Cutlet; Flaky Boiled Rice; String Beans; Corn on the Cob; and Peach Mousse.

On Monday I shall tell you how to make iced tea, -- or rather I shall get our tea expert to tell you.

Monday: "Tea Time Topics".

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